



BRAINSPOTTING CONSULTANT’S REPORT

CONSULTANT NAME: _____

CONSULTEE NAME: _____

Date Started _____ Date Ended _____ Certification _____ Re-certification _____
(Needs to be completed within 2 years after Phase 2)

NEUROEXPERIENTIAL	MODEL
THEORY	PRACTICE
<ul style="list-style-type: none"> <input type="checkbox"/> Assessing readiness/Preparing for Brainspotting <input type="checkbox"/> Brainspotting as a Neuroexperiential Model <input type="checkbox"/> “Where you look affects how you feel” <input type="checkbox"/> Uncertainty Principle/No assumptions model <input type="checkbox"/> Dual Attunement Frame: <input type="checkbox"/> --Relational (attuned presence) <input type="checkbox"/> --Neurobiological (body awareness, eye position) <input type="checkbox"/> Tail of the comet (focused mindfulness - processing) <input type="checkbox"/> Staying in the tail of the comet (when falling out of tail, how do you get back in?) <input type="checkbox"/> Limbic counter-transference <input type="checkbox"/> W.A.I.T. <input type="checkbox"/> BSP as a Resource Model <input type="checkbox"/> 2 Models of Brainspotting <input type="checkbox"/> --Activation Model (gains focused access to activation) <input type="checkbox"/> --Resource Model (gains focused access to the resource, built upon body resource) <input type="checkbox"/> Superior Colliculus <input type="checkbox"/> Dysregulation to regulation <input type="checkbox"/> Allocortex & Agranular Isocortex <input type="checkbox"/> Z-axis, attachment <input type="checkbox"/> Case conceptualizations in a BSP Frame <input type="checkbox"/> What to expect during/ after a Brainspotting session. 	<p style="text-align: center;"><u>FRAME SET-UP PROCESS</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Outside Window <input type="checkbox"/> Inside Window <input type="checkbox"/> Gazespotting <input type="checkbox"/> Body Resource <input type="checkbox"/> One-eye Brainspotting with (Goggles) <input type="checkbox"/> Z-axis, using with “Vergence” <input type="checkbox"/> Outside-Inside Window <input type="checkbox"/> Rolling Brainspotting <input type="checkbox"/> Advanced Resource Model - Resource Frame of Combined One Eye and Z-axis BSP (“Resource within a resource within a resource”) <input type="checkbox"/> Eye Contact Spot <input type="checkbox"/> Tightening/Widening the Frame <input type="checkbox"/> Squeeze the lemon <input type="checkbox"/> “Shades up/down” <input type="checkbox"/> Use of Bilateral Sound <input type="checkbox"/> Highly recommend doing own BSP sessions <input type="checkbox"/> Virtual vs. in-person process <input type="checkbox"/> Closing sessions

SUMMARY OF CONSULTEE’S READINESS FOR CERTIFICATION:

Consultant Signature: _____

Date: _____

GUIDELINES FOR BSP CERTIFICATION WITH CONSULTANT

- 1 – Basic connection, overview of the consultation and how to use the pointer (Exploration of the basics)
- 2 – Review from 1st session (Focus on Dual Attunement, W.A.I.T and not knowing/uncertainty; staying in tail of comet, review the terms, exploring how we use in session and giving case examples).
- 3 – Work on going from dysregulation to regulation (Review from Phase 1) and how to use psychoeducation of the brain.
- 4 – Continue to Review case(s), listening to consultee, consultee perspective, review set-ups, review with consultees strengths and challenges with consultee. Clearly articulate any issues/gaps and what needs to happen for improvement. Have consultee practice on consultant.
- 5 – Review of the consultation process, wrap up anything that needs to be finished, review additional case material (something more specific, additions, child work, performance, parts work).
6. - Have Consultee practice BSP on Consultant to assess dual attunement, etc. Review all items. If Consultee needs more sessions before deemed ready, then discuss and make a plan.

The Brainspotting Certification Standard Committee has accepted and voted upon the following standards, which will be implemented starting March 15, 2019.

- **Brainspotting CERTIFICATION:**
- **Minimum of 6 individual Brainspotting consultation sessions 60-minute hour with the same Brainspotting Consultant**
- **Recommendation of at least 2 Brainspotting consultation hours after Phase 1 and a minimum of 2 after Phase 2.**
- **Brainspotting Phase 1 and 2 training in-person/online – videos are for additional learning not for certification**
- **Document at least 50 Brainspotting sessions using the Brainspotting Session Documentation form.**
- **Check list form from Brainspotting Consultant**
- **Upon completing certification process with Brainspotting Consultant the following documents get submitted to Brainspotting Trainings, LLC (David Grand)**
- **Application and all supporting documents (Brainspotting Session Documentation Form, Brainspotting Consultant's Report with a positive recommendation for Brainspotting certification, copy of liability malpractice insurance.)**
- **Payment of \$150.00 USD**

Brainspotting RE-CERTIFICATION:

- **Every two years to keep certification you need a minimum of:**
- **Document at least 100 Brainspotting sessions using the Brainspotting Session Documentation form.**
- **1 Individual Brainspotting Consultation 60-minute hour (evaluating Brainspotting Consultee competency; review original standards for certification)**
- **Upon completing recertification process with Brainspotting Consultant the following documents get submitted to Brainspotting Trainings, LLC (David Grand)**
- **Application and all supporting documents (Brainspotting Session Documentation Form, Brainspotting Consultant's Report with a positive recommendation for recertification, copy of liability malpractice insurance.)**
- **Payment of \$100.00 USD**

**Individual exceptions will be determined by Brainspotting Consultant and BT,LLC*